



GETTING YOU THROUGH SELF-ISOLATION WITH:

# MIGRATEFUL RECIPES

Delicious recipes brought to you by inspirational refugee and migrant chefs from around the world.



# Iranian mother-daughter duo take London by storm, one spoon of saffron at a time



With 2500 years of saffron and rosewater scented history, Iranian cuisine has influenced cooking all over the globe – earning its reputation as the ‘mother cuisine’. Those who have attended Elahe and Parastoo’s cookery classes have reported them to be a “delicious, touching and magical experience”.

This is no doubt due to the combination of exquisite flavours, and their heart-warming mother-daughter relationship

Elahe was forced to leave Iran with her children in 2006 after the political situation became too dangerous. She had trained for 7 years as a psychologist in Iran and, despite gaining refugee status in the UK, struggled to find employment due to language barriers and her qualifications not being recognised..

In June 2017, Elahe taught Migrateful’s very first cookery class students how to cook Baba Ganoush using camping stoves. Elahe loved the experience: “I got to practice my English, make friends, and earn some money: I felt really celebrated”. All of the people who attended the class had an amazing time too.



Elahe explained “not being able to communicate and meet people were the biggest barriers to integration I faced when I arrived in the UK. It’s hard to stay positive. Migrateful is really helping me find purpose: At our cookery classes the people I meet seem so excited to talk to me and now I feel really welcome in this country. Migrateful has helped me to improve my confidence and self-esteem.” For Elahe cooking is her therapy: “I feel alive and creative when I am cooking. I believe everything will look even more beautiful if we bring love, passion and time to it. A lot of my happiest memories are associated with food. I remember as a child waking up to the smell of my grandmother’s bread which filled the house with the world’s most beautiful smell. Food is an important way for me to stay connected to my past and to my country”.

Elahe’s daughter Parastoo was struggling to find work after graduating from university with a nutrition degree and so she asked if she could assist her mother in teaching the Iranian Migrateful cookery classes. Elahe was delighted: “Parastoo’s motivation and eagerness to learn really touches me, as a young girl who had just reached her teens when she moved to the UK it’s so nice that she has never lost interest in the importance of our Iranian traditions of food and hospitality.” Elahe added “a huge part of our lives in Iran was spent cooking and eating with family, which we miss.

This is why we love Migrateful so much because it gives us the feeling of being part of a family”. Parastoo explained “Iranian food is very colourful and takes attention and time to prepare. I grew up eating my mum’s food and feel very inspired by her creative and bold cooking. Cooking together has brought us even closer. I feel very proud when we get a chance to share our Iranian food”.

# KASHK-O BADEMJAN

## Iranian Aubergine Dip

This works well as either a starter or side dish. The elaborate garnish adds texture and flavour and makes it really celebratory. Kashk is yoghurt whey and can be found in middle eastern stores in either liquid or dry form. Serve with flatbreads.



Serves 6

### Ingredients

6 medium aubergines  
2 large onion, sliced 5 cloves garlic, crushed  
1 tbsp turmeric  
1 tsp salt  
½ tsp pepper  
Vegetable oil

Garnish 1 bulb garlic - cloves peeled and sliced into slithers  
2 onions, thinly sliced  
50g walnuts, chopped  
1 tsp turmeric

2 tbsp dried mint A few sprigs of Fresh mint (optional)

1 cup Kashk (liquid whey protein) available from Turkish or Iranian shops. Use natural yoghurt plus a pinch of salt, thinned with a little water, as a substitute.

Pinch saffron soaked in 2 Tbsp boiling water

## Method

Cut the top off the aubergines, peel them, and then slice lengthwise into 4 slices. Heat vegetable oil in a frying pan and fry the aubergine slices with a little salt until soft and golden. You will need to do this in batches. Remove with a slotted spoon and set aside.

Heat 3 tbsp oil and fry the sliced onions and garlic until golden. Then add turmeric, salt and pepper and stir briefly. Return the fried aubergines to the pan with the onions. Add 100 ml boiling water and allow the mixture to cook for 15 - 20 minutes on medium/low heat.

Roughly mash the aubergine to create a textured puree. You don't want to lose sight of some of the pieces of aubergine. Put the aubergine and onion mix onto a flat serving plate.

For the garnish, gently fry the garlic slithers in 1 tbsp oil until light golden colour. Be careful not to burn. Remove with a slotted spoon to drain on kitchen paper. If necessary, add a little more oil and fry the onion slices until golden. Remove with a slotted spoon to drain on kitchen paper.

In a small pan, heat 4 tbsp vegetable oil and then flash fry the turmeric, pepper & dried mint for just 30 secs to extract flavour. Throw in the fresh mint leaves for the last 5 seconds. Remove from heat.

Mix the Kashk with a little with water to make a thick cream. Spoon the Kashk onto the aubergine in thin lines to make a large checked board with squares or triangles in which to place the different garnishes. Fill each square with either walnuts, onion, garlic or the turmeric and mint oil. Finally, drizzle decoratively with saffron water.



# KUKU

## Iranian herb frittata

Deliciously packed with herbs, Kuku can be served warm or cold and as a starter, side or main dish. It is a great dish for a light lunch with salad. Bright red barberries are much valued in Iranian cooking and give a wonderful explosion of tangy flavour. Easily found in middle eastern grocer's, they are increasingly making an appearance in mainstream supermarkets.



Serves: 6 people

### Ingredients:

- 1 large bunch of coriander, chopped, including the upper stalks
  - ½ bunch parsley, stalks removed, leaves finely chopped
  - 1 large bunch dill, large stalks removed, finely chopped
  - 4 spring onions, finely chopped
  - 4 cloves garlic, finely chopped
  - 25g dried barberries
  - 50g walnuts, finely chopped
  - 200g frozen broad beans (300g with skins), cooked and then popped out of their skins
  - 6 eggs
  - 1/2 tsp saffron, soaked in 2 tbsp hot water
  - 2 tsp turmeric
  - 1 - 2 tsp salt
  - 1 tsp pepper
  - 60ml oil
- For **garnish**: 150g labneh yoghurt  
Seeds of ½ fresh pomegranate  
A few Coriander leaves

## Method

Wash, dry and then finely chop all the herbs and put in a large bowl. Add in the barberries, walnuts, garlic, broad beans and eggs and mix well.

Add in the turmeric, salt, pepper and saffron water.

Stir all the ingredients vigorously to mix well. You are looking for a thick glossy mixture.

\* Heat the oil in a large non-stick frying pan over a medium heat. Spoon in the mixture and spread it out so that it covers the pan evenly. Reduce the heat and cook gently for 8-10 minutes. When the underneath is browned, turn the kuku onto a plate and then slide it back into the frying pan in order to brown the other side.

Cook for another 10 minutes. When cooked, turn out onto a dish and leave to cool.

Decorate with labneh yoghurt, fresh pomegranate seeds and a few coriander leaves

\* If you would rather oven-bake the Kuku, this mixture fits into a 20cm x 30 cm tin. Preheat your oven to 170C fan. Line the tin with greaseproof paper. Brush the sheet with oil and heat the tin in the oven for 5 minutes. Pour in the mixture and spread out evenly. Bake for 15 mins. Turn out onto a dish and decorate as above.

Note: As finger food, this quantity makes 18 rectangular portions

